

Café Menu

Week of November 28, 2022

MONDAY, November 28

Honey Mustard Roast Pork 🍏

Cheese Stuffed Shells

Broccoli **V**

Rice Pilaf

Soup: Golden Broccoli Soup

TUESDAY, November 29

Baked Cod

Ranch Chicken Salad

Wild Rice

Peas **V**

Soup: Chicken Enchilada Soup

WEDNESDAY, November 30

BBQ Pork Sandwich

Enchiladas

Spanish Rice

Jalapeno Poppers

Soup: Veggie Chili

THURSDAY, December 1, Natl Pie Day

Chicken Pot Pie

Shepard's Pie

Mixed Vegetables **V**

Soup: Vegetable Beef Soup

FRIDAY, December 2

Chicken Tenders

French Fries

Soup: Cheese Soup

Café Hours

Monday-Friday

Breakfast: 6:30-9:30 AM

Continental Breakfast: 9:30-11:00 am

Lunch: 11:30 AM-1:30 PM

Grab & Go 1:30-4:30 pm

Dinner (Monday-Thursday): 4:30-6:30 PM

Café closes Friday at 3:00 PM

MINDFUL TIP OF THE WEEK:

Cranberries are a super food. They are a good source of fiber, high in Vitamin C & Manganese.

They have numerous Health benefits as well.

Managers:

Food Service: Tina Powers, 616.847.5246

Dietitian: Kelli Meyer, 616.847.5357

NOTE: If you have food allergy concerns, please ask your server.



North Ottawa Community
Health System